



# Being Your Authentic Self at Work While Using a Transformative Mindset

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# Learning Objectives

Participants will be able to;

- ▶ Describe what their authentic self at work means to them
- ▶ Discuss barriers and successes of achieving authenticity at work
- ▶ Identify strategies that aide in illustrating a transformative mindset

# You may feel...

- ▶ Vulnerable
- ▶ Nervous
- ▶ Excited
- ▶ Challenged
- ▶ Bored
- ▶ Confused
- ▶ Compassionate
- ▶ Empowered
- ▶ ....but Rock with Me



Who feels like you can be your authentic self at work?



What are barriers to being authentic at work?

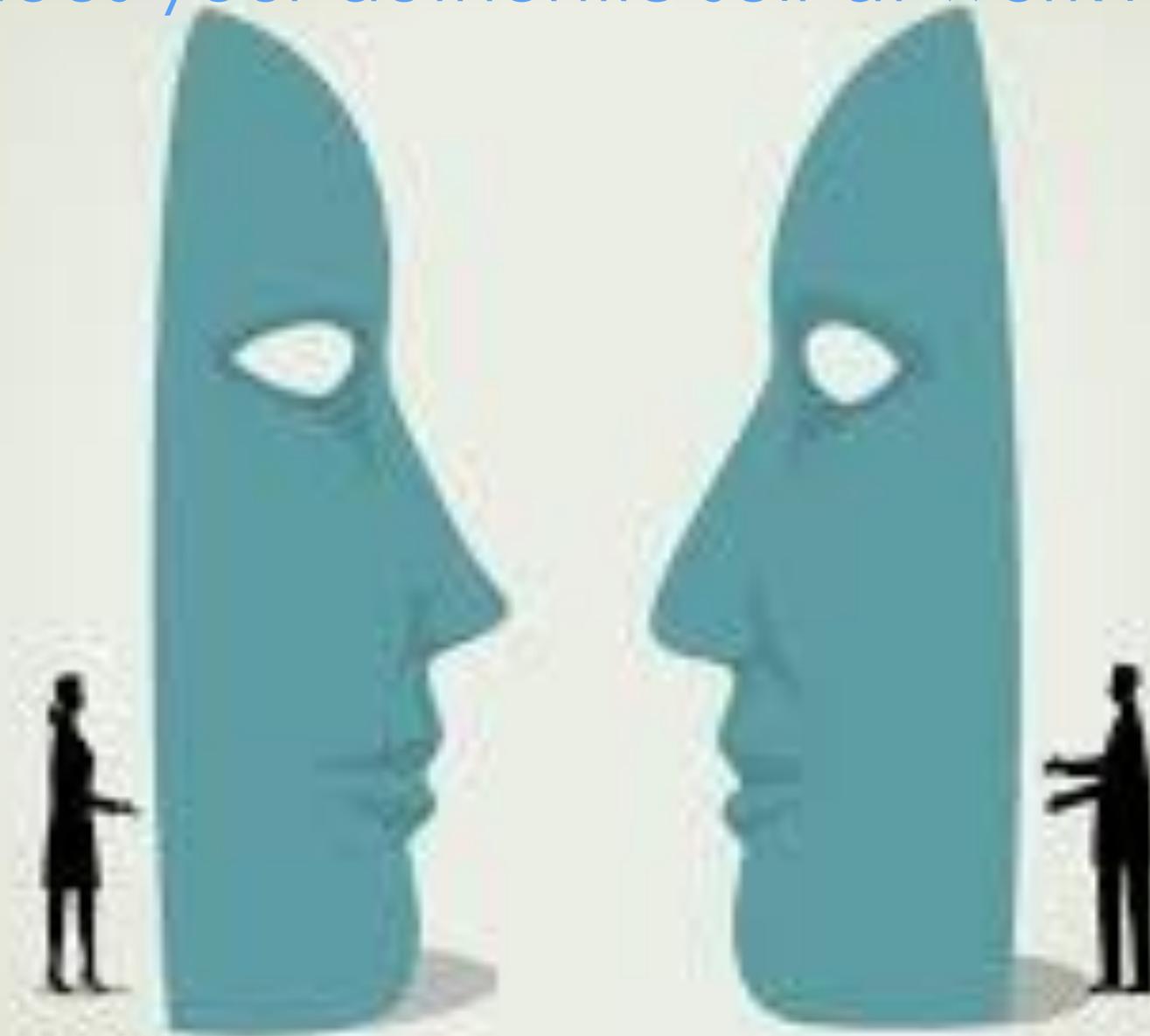
# My Story



# Who is the most authentic person you know?

- ❑ How do they look?
- ❑ What makes them authentic?
- ❑ Why do you vibe with their authenticity?

What does your authentic self at work look like?



# Authentic Role Models

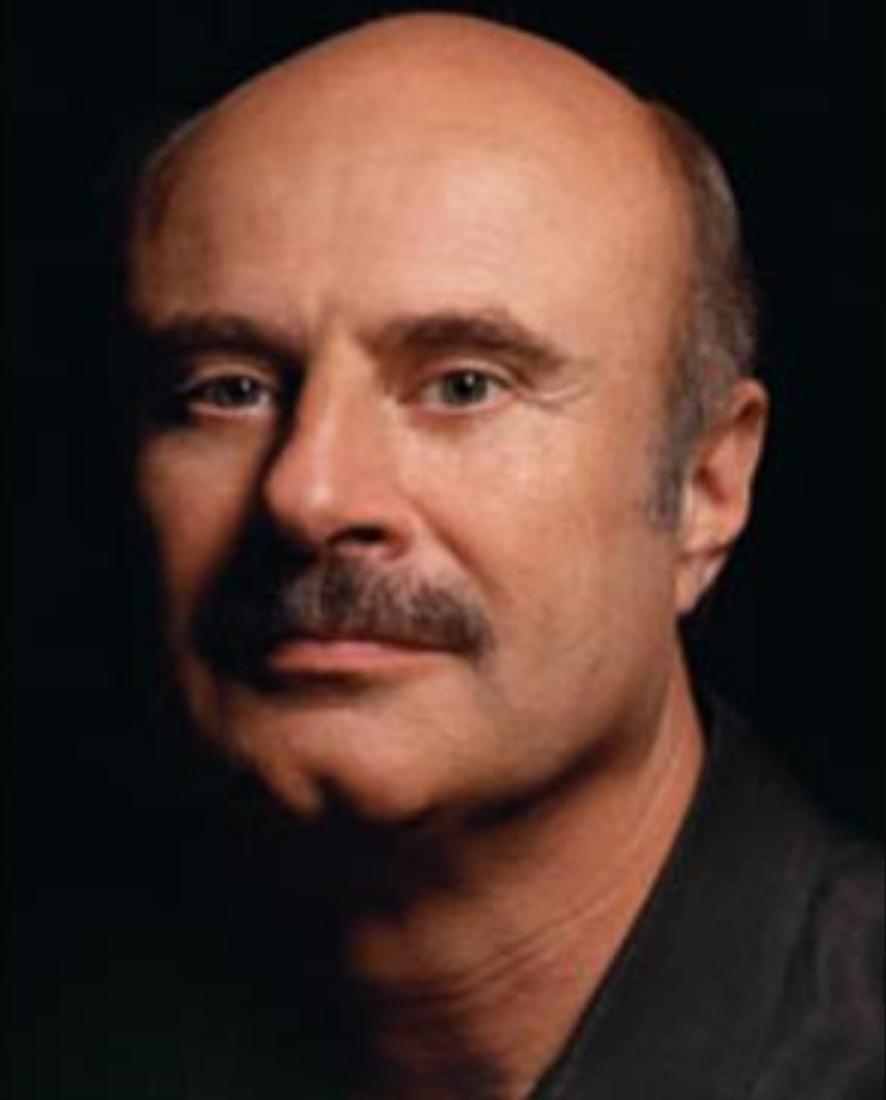


# Key words

- ❑ Authentic- Genuine; Undisputed Origin
- ❑ Authentic Self-The true you; aligned and congruent self-image, stature, values, beliefs, goals, behavior, words, and public image

# Authenticity

- It's about who you are as a person at your core
- Being authentic isn't about removing masks or being perfect. Being authentic is about:
  - Dropping the judgments and triggers (about yourself and others)
  - Ending the tiresome pursuit to please others
  - Accepting there is enough to go around and you don't have to fight others for limited resources
  - Recognizing you are good enough and deserve respect (without demanding it)
  - Accepting that you have everything you need within you



Be your authentic self. Your authentic self is who you are when you have no fear of judgment, or before the world starts pushing you around and telling you who you're supposed to be. Your fictional self is who you are when you have a social mask on to please everyone else. Give yourself permission to be your authentic self.

— *Phil McGraw* —

# Transformative Mindset

- ▶ **Transformative**-Causing or able to cause an important and lasting change in someone or something
- ▶ **Mindset**-An attitude, disposition, or mood

# Transformative Mindset

- ▶ **How can you apply transformative mindset to being your authentic self at work?**

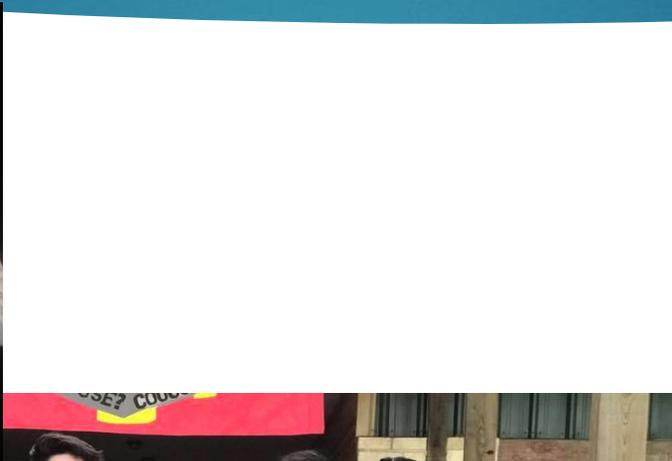




# 5 Powerful Lessons about Authenticity

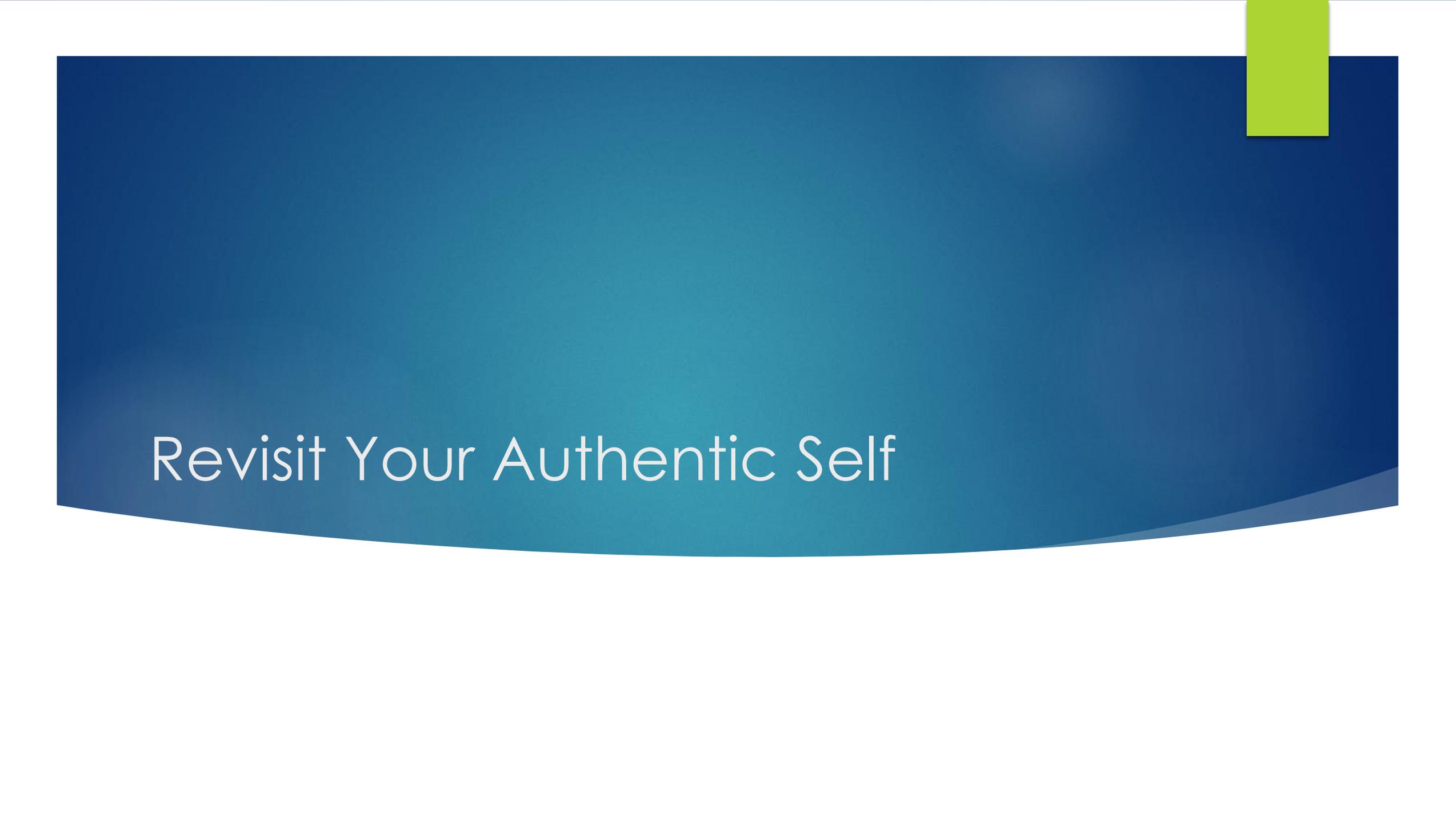
- ❖ You must let go of shame to be authentic
- ❖ Being authentic does not mean baring all
- ❖ Boundaries support authenticity
- ❖ We're all "should-ing" ourselves
- ❖ Authenticity is key to compassion

# My Story...Evolved



# Authenticity

- ❖ “Collection of choices that we have to make every day. It’s about the choice to show up and be real. The choice to be honest. The choice to let our true self be seen.”- Brene Brown



Revisit Your Authentic Self



Am I happy with the  
person I'm going home  
with?

“REMEMBER AUTHENTICITY IS A DAILY PRACTICE”-BRENE  
BROWN